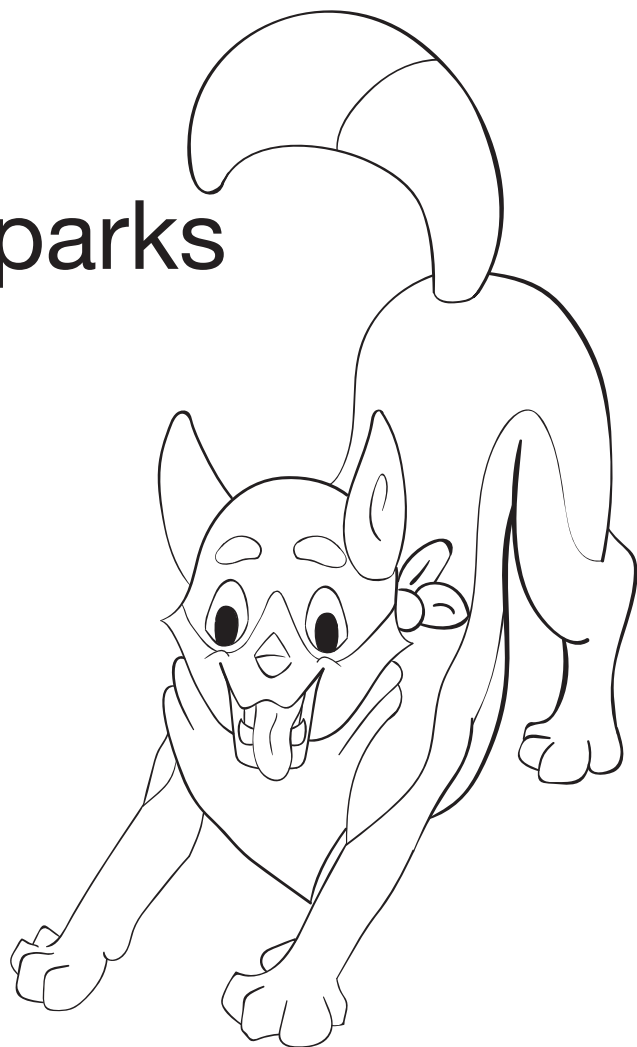


Sparks



Downward Dog!
Dawg!

Yoga Wisdom

When I feel like I can't find peace
I'm **searching** for some kind of release.

I need some
calm & balance
today,
So I take **three breaths** and say
namaste.

I lift my arms and **stretch** my toes
and move into a **yoga pose!**

Now I'm feeling **strong** as a log
Great work today,

Downward Dog!



Kaleidoscope me™
Awaken to your greatness!